Save The Date

FLORIDA

***Expedition Everest*® Challenge**
May 2-3, 2014

***The Twilight Zone Tower of Terror*™ 10 Miler Weekend**
October 3-4, 2014

Disney Wine & Dine Half Marathon Weekend
5th Anniversary
November 7-8, 2014

***Walt Disney World*® Marathon Weekend**
January 7-11, 2015

Disney Princess Half Marathon Weekend presented by Children's Miracle Network Hospitals
February 19-22, 2015

CALIFORNIA

***Disneyland*® Half Marathon Weekend**
August 28-31, 2014

Tinker Bell Half Marathon Weekend
May 7-10, 2015

FOR MORE INFORMATION, VISIT RUNDISNEY.COM

Event and dates subject to change.
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Disney Princess 1/2 MARATHON

Presented by Children's Miracle Network Hospitals

2014 OFFICIAL EVENT GUIDE

RUN FROM THE WICKED
LET'S MAKE EXCELLENT HAPPEN.
THIS IS THE LIMITED EDITION CINDERELLA 890V4
A part of the Limited Edition New Balance runDisney Collection.
New Balance is proud to be the official running shoe of runDisney
©2014 New Balance Athletic Shoe, Inc. As to Disney artwork/properties: ©Disney

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Your Guide to Disney Princess Half Marathon Weekend presented by Children's Miracle Network Hospitals

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runDisney

Welcome Royalty,

We are thrilled to host you for the 2014 Princess Half Marathon Weekend presented by Children's Miracle Network Hospitals! The Princess Half Marathon is one our most popular *run*Disney events. It brings women of all ages together to embrace their inner princess, put on a tutu and a tiara and push themselves to the limit. We also know there are a few princes (and maybe even a couple of frogs) who are joining in the fun. It's truly a magical experience that will give you memories to last a lifetime!

The Princess Half Marathon Weekend celebration gives you the chance to join the Disney Princesses in a weekend of majestic runs in the most magical place on earth. This fairytale weekend kicks off Thursday at our Fit for a Princess Expo. The Expo will feature a Speaker Series with seminars on training, running, nutrition, and more. Plus you will be able to pick up your race packet, shop for official race merchandise and get geared up for your run. On Friday, we have our Cinderella Royal Family 5k. This fun-filled race is for the whole family and winds through *Epcot*® with a storybook ending. Saturday we are having our inaugural Disney Princess Enchanted 10K, which will take you on a journey throughout *Epcot*® before having a magical finish, fit for a princess or prince. The *run*Disney Kids Races are also held Friday and Saturday at *Epcot*® and give the little princesses and princes a chance to earn their finisher medals. Finally, the weekend culminates with the Disney Princess Half Marathon, our most royal event ever, with music, entertainment and all of your favorite Disney Princesses along the 13.1 mile race course that threads through *Magic Kingdom*® and *Epcot*® Parks. And for those who knew the shoe would fit, we have our inaugural Disney Glass Slipper Challenge.

A princess is determined, courageous, brave and caring and we know many of you are running for a cause, in memory or in honor of a loved one or to fulfill a lifelong dream. So on behalf of our 66,000 Cast Members, volunteers and the *run*Disney team, we applaud you and are proud to serve you royally. Thank you for choosing the Disney Princess Half Marathon to make all of your fairytale dreams come true!

May every mile be magical,

Tom

Tom Wolber
Senior Vice President
Disney Sports Enterprises & Downtown Disney

Children's Miracle Network Hospitals

Runners, Volunteers and Spectators:

Welcome to the 2014 Disney Princess Half Marathon presented by Children's Miracle Network Hospitals. On behalf of the millions of kids our member hospitals treat, we're so pleased to support one of the most magical, "moving" events in the *run*Disney lineup.

This year marks a new journey in CMN Hospitals' 27-year relationship with the *Walt Disney World*® Resort, and we're thrilled you will be joining us at the start line.

Since 1986, from California to Florida, Disney has helped support our mission to raise funds and awareness for children's hospitals across the U.S. and Canada. These hospitals rely on local donations every day to help kids in their own community get the best start at life.

We congratulate you on setting and working toward your personal health goals. In doing so, please know you are supporting the well-being of children and families with some very specific health goals of their own.

Thank you for joining us this weekend. Have a wonderful experience running like royalty with your family and friends and supporting some very special princes and princesses. I personally look forward to seeing you on the course.

John Lauck,
President and CEO
Children's Miracle Network Hospitals

Race Director, Jon Hughes

Recognized as a leader in the sport of running, Jon began running competitively in the mid 70's in high school and college. He has since completed over 20 marathons including Berlin, Boston, Chicago and Marine Corps. Since the late 1970's, Jon has pioneered the organization of amateur athletic events, first in his home-base of Central Florida and today throughout the world. Today Jon is the president and co-owner of Track Shack Events and Track Shack, a specialty running retail store.

Jon has been recognized for his outstanding leadership and organizational achievements by the Florida Athletics Congress (USATF), the Pan American Junior Games, the Governor of Florida, and the Grand Bahama Promotion Board. Jon was inducted into the Florida Track & Field Hall of Fame and named Race Director of the Year in 1999 at Road Race Management. In 2008, he and his wife Betsy Hughes (Track Shack Co-owner) were inducted into the Running Event Hall of Fame and the Running USA Hall of Champions in 2009. Track Shack, one of the first specialty running retail stores in the U.S., has been recognized four times as one of the '50 Best Running Stores in America' by two leading trade and consumer publications. Also in 2009, Jon became a member of the Running USA Board of Directors.

Jon has been the Race Director of the Walt Disney World Marathon since 1994 and five other runDisney events between Florida and California. As president of Track Shack Events, he directs the overall marketing effort as well as operations and staff, and has positioned the organization to offer the best in technology, marketing and event management services. Track Shack Events produces more than 40 events per year.

Jon and Betsy have been married for 31 years and have a daughter Emma Hughes Perry and son Christopher Hughes who now works in the family business.

OFFICIAL BATH AMENITIES AND SKINCARE PRODUCTS OF runDISNEY

h2o+™

THE SCIENCE OF MARINE SKINCARE

GO THE DISTANCE WITH
POWERFUL
MARINE HYDRATION

THE CHOICE OF WALT DISNEY WORLD® RESORTS AND runDisney

H2O Plus, the global leader in marine skincare, joins Walt Disney World® Resorts and runDisney to make your happiest memories … even more magical. H2O Plus proudly provides marine-rich skincare, spa, and bath amenities for Disney guests to enjoy. Find H2O Plus products at Disney Resort gift stores, Disneystore.com, or shop online at h2oplus.com.

WALT DISNEY WORLD | DISNEYLAND | PARIS | HONG KONG | AULANI | DISNEY CRUISE LINES

Weekend Itinerary

Disney Fit for a Princess Expo
ESPN Wide World of Sports Complex

Thursday, February 20, 2014
10:00 a.m. – 8:00 p.m.

Friday, February 21, 2014
9:00 a.m. – 7:00 p.m.

Saturday, February 22, 2014
9:00 a.m. – 5:00 p.m.

Cinderella Royal Family 5K
Epcot®
Friday, February 21, 2014
6:15 a.m.

Disney Princess Half Marathon Weekend Breakfast
Epcot®
Friday, February 21, 2014
7:00 a.m. - 9:00 a.m.

***run*Disney Kids Races**
Epcot®
Friday, February 21, 2014
8:45 a.m. – 1-Mile Run start
9:15 a.m. – Dashes start

Saturday, February 22, 2014
8:45 a.m. – 1-Mile Run start
9:15 a.m. – Dashes start

Pasta in the Park Party
World Showplace Pavilion *Epcot*®
Friday, February 21, 2014
7:00 p.m.

Saturday, February 22, 2014
7:00 p.m.

Disney Princess Enchanted 10K presented by Children's Miracle Network Hospitals
Epcot®
Saturday, February 22, 2014
5:30 a.m.

Disney Princess Half Marathon presented by Children's Miracle Network Hospitals
Epcot®
Sunday, February 23, 2014
5:30 a.m.

Happily Ever After Party at *Downtown Disney*®
Downtown Disney® **Marketplace**
Sunday, February 23, 2014
2:00 p.m. – 8:00 p.m.

Dates and times are subject to change.

Walt Disney World® Resort

Celebrate your accomplishments at a *Walt Disney World*® Theme Park!

PARK HOURS

February 20

Magic Kingdom® Park	9:00 a.m. – 11:00 p.m.
Epcot®	9:00 a.m. – 9:00 p.m.
Disney's Hollywood Studios®	9:00 a.m. – 7:00 p.m.
Disney's Animal Kingdom® Park	9:00 a.m. – 7:00 p.m.

February 21

Magic Kingdom® Park	9:00 a.m. – 11:00 p.m.
Epcot®	9:00 a.m. – 9:00 p.m.
Disney's Hollywood Studios®	9:00 a.m. – 7:00 p.m.
Disney's Animal Kingdom® Park	9:00 a.m. – 7:00 p.m.

February 22

Magic Kingdom® Park	9:00 a.m. – 1:00 a.m.
Epcot®	9:00 a.m. – 9:00 p.m.
Disney's Hollywood Studios®	9:00 a.m. – 8:00 p.m.
Disney's Animal Kingdom® Park	9:00 a.m. – 8:00 p.m.

February 23

Magic Kingdom® Park	9:00 a.m. – 11:00 p.m.
Epcot®	9:00 a.m. – 9:00 p.m.
Disney's Hollywood Studios®	9:00 a.m. – 7:00 p.m.
Disney's Animal Kingdom® Park	9:00 a.m. – 7:00 p.m.

Times are subject to change.

Transportation

Disney Princess Half Marathon Weekend transportation has been arranged for Guests staying at *Walt Disney World*® Resort hotels including *Shades of Green*® and *Walt Disney World*® Swan and Dolphin Resort. Buses will be indicated by *run*Disney Transportation signs placed in the front windows. Staff in yellow shirts will be onsite at the resorts and event locations to assist.

Transportation Hours for Disney Fit for a Princess Expo

ESPN Wide World Of Sports Complex

- **Thursday, February 20**
  - o From Host Resorts to Expo: 9:30 a.m. – 7:30 p.m.
  - o Transportation from Expo to Host Resorts concludes at 8:30 p.m.
- **Friday, February 21**
  - o From Host Resorts to Expo: 8:30 a.m. – 6:30 p.m.
  - o Transportation from Expo to Host Resorts concludes at 7:30 p.m.
- **Saturday, February 22**
  - o From Host Resorts to Expo: 8:30 a.m. – 4:30 p.m.
  - o Transportation from Expo to Host Resorts concludes at 5:30 p.m.

Transportation Hours for Cinderella Royal Family 5K, *run*Disney Kids Races, and Disney Princess Half Marathon Weekend Breakfast*

Epcot®

- Bus Transportation
  - o 3:30 a.m. - 5:00 a.m. and 7:00 a.m. – 11:00 a.m.
- Monorail transportation will be available starting at 4:00 a.m.
- 5K participants must board transportation no later than 5:00 a.m. in order to make it to their corrals on time.
- Families with participants in the 1-Mile Run should be on buses by 8:00 a.m.
- Families with participants in the Dashes should be on buses by 8:30 a.m.

Transportation Hours for Disney Princess Enchanted 10K presented by Children's Miracle Network Hospitals

- Bus Transportation
  - o 3:30 a.m. – 5:00 a.m. and 7:00 a.m. – 10:00 a.m.
- Monorail transportation will be available starting at 3:30 a.m.
- Participants must board buses and monorails no later than 4:00 a.m. in order to make it to their corrals on time.

Transportation Hours for Disney Princess Half Marathon presented by Children's Miracle Network Hospitals

- Bus Transportation
  - o 3:00 a.m. – 5:00 a.m. and 7:00 a.m. – 10:30 a.m.
- Monorail transportation will be available starting at 3:00 a.m.
- Participants must board buses and monorails no later than 4:00 a.m. in order to make it to their corrals on time.

Transportation Hours for Pasta in the Park Party

Please utilize existing *Walt Disney World*® transportation.

Transportation Hours for Happily Ever After Party

Please utilize existing *Walt Disney World*® transportation.

For the safety of our Guests, we ask that you use provided transportation and do not opt to run or walk to *Epcot*®. For those Guests staying in the *Epcot*® Resort Area, International Gateway is not available for entry into *Epcot*® prior to 9:00 a.m. Guests must utilize event transportation located at the front of their resort.

Driving Directions

Directions to ESPN Wide World of Sports Complex (Expo)
Take 1-4 to exit 65 (Osceola Parkway West). Take a left onto Victory Way and park in the main lot. Proceed on foot to the main entrance.

Directions to *Epcot*® (Kids Races, 5K, 10K and Half Marathon)
Friday through Sunday:
Take I-4 to exit 64 (192 West) and follow the signs to *Epcot*®.
*DO NOT use the Epcot Exit 67 off I-4

For Guests driving to *Epcot*® on Sunday morning, EXPECT SIGNIFICANT DELAYS!
Please also note, directions from a GPS device or other source will be inaccurate on Sunday due to road closures. Some roads begin to close as early as 11:00 p.m. on the evening before the Half Marathon. Therefore, please use directions above and plan to arrive no later than 4:30 a.m. You must be in your corral at the start line by 5:00 a.m. or you will not be allowed to start. It takes 20 minutes to walk from the Family Reunion area (*Epcot*® Wonder Lot) to the start line.

GPS devices or other sources will be inaccurate due to road closures. Please use directions above and plan to arrive no later than 4:30 a.m. You must be in your corral at the start line by 5:00 a.m. or you will not be allowed to start. Please note, it takes 20 minutes to walk from the Family Reunion Area (*Epcot*® Wonder Lot) to the start line.

Runners will be prohibited from accessing the start corrals from Bonnet Creek Parkway or Buena Vista Drive. You must access the start corrals through the Explore Lot at *Epcot*®. Runners who try to access the start corrals from any area other than the Explore Lot at *Epcot*® are subject to disqualification. Runner drop off is available in the Taxi Lot at *Epcot*®.

Disney Fit For A Princess Expo

ESPN Wide World of Sports Complex

Thursday, February 20	Friday, February 21	Saturday, February 22
10:00 a.m. – 8:00 p.m.	9:00 a.m. to 7:00 p.m.	9:00 a.m. to 5:00 p.m.

Disney Fit for a Princess Expo is a three-day celebration of women, focused on health and fitness! The Expo will be located at the ESPN Wide World of Sports Complex. This event will include seminars on training, racing, and nutrition, along with the opportunity to experience the latest in running and fitness equipment. Official Merchandise will be available for purchase at the Expo. You must attend Packet Pick-Up at the Expo to receive your race bib and ChronoTrack B-Tag, which will be used to record your official and net time. While you are at the Expo be sure to pick up your gEAR bag and Race Shirt.

Packet Pick-Up & Waivers
All event weekend participants are required to attend Packet Pick-Up in order to receive your race bib, bag check sticker, gEAR bag, and Race Shirt.

Packet Pick Up is located in the following locations:
- HP Field House – Entry Level
  - o 5K
- HP Field House – Lower Level
  - o Kids Races
  - o 10K
  - o Half Marathon
  - o Disney Glass Slipper Challenge
  - o Disney Princess Half Marathon Teams

Packet Pick-Up will not be available on race morning. A waiver must be completed and signed by each participant. You need your signed waiver and a Photo ID in order to receive your packet. If the participant is under 18 years old, the waiver must be completed and signed by a parent or legal guardian. A link to the waiver will be available at **runDisney.com**. If you do not have access to the internet or lose your waiver, onsite waiver printing will be available at the Expo.

Disney Fit For A Princess Expo

Absentee Packet Pick-Up

If you are unable to attend Packet Pick-Up, the individual picking up on your behalf must provide the following items as well as his/her Photo ID at the Expo:

1. Copy of your driver's license or Photo ID (will not be accepted from a phone or media device)
2. Your signed Waiver
3. Your signed Packet Pick-Up Authorization Form

The Packet Pick-Up Authorization Form and Waiver are available at **runDisney.com**. If any of the three items above are not provided correctly at the Expo, we are unable to allow Absentee Packet Pick –Up.

Commemorative & Pre-Purchased Items

Pick up pre-purchased and Commemorative Items at the HP Field House at ESPN Wide World of Sports Complex. You will need to show your Photo ID to pick up your items:

- Commemorative Pins*
- Commemorative Ears*
- Commemorative Necklaces*
- Race Retreat Packages
- ChEAR Squad Packages*
- Disney Princess Half Marathon Weekend Breakfast Tickets

**Please remember that items not picked up will not be mailed or refunded.*

Theme park tickets will be available for purchase at the ESPN Wide World of Sports Welcome Center during Disney Fit for a Princess Expo (subject to availability).

A HP Field House
- 5K,10K & Half Marathon Packet Pick-Up
- Half Marathon Teams Packet Pick-Up
- Kids Races Packet & Race Shirt Pick-Up
- Glass Slipper Packet, Race Shirt & gEAR Bag Pick-Up
- Official *run*Disney Merchandise
- Runner Tracking
- Commemorative & Pre-Purchased Items

B Jostens® Center
- 5K, 10K, & Half Marathon Race Shirt & gEAR Bag Pick-Up
- Speaker Series
- Exhibitors
- Inspiration Station
- Official *run*Disney Merchandise

C Champion® Stadium
- Dooney & Bourke Items

D 2014 Limited Edition New Balance *run*Disney Collection Virtual Queue Registration

E Welcome Center
- Will Call
- Pre-Purchased Tickets

Expo Floorplan - HP Field House

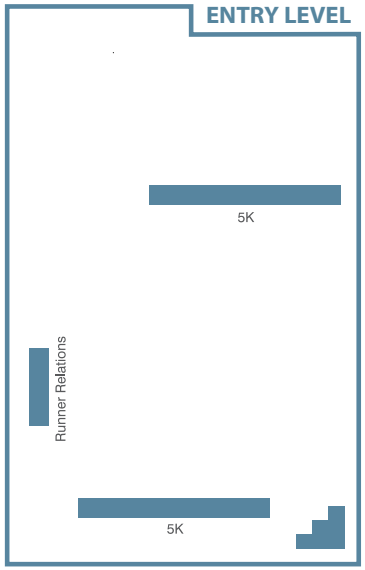
Be sure to stop by the HP Field House for the following:

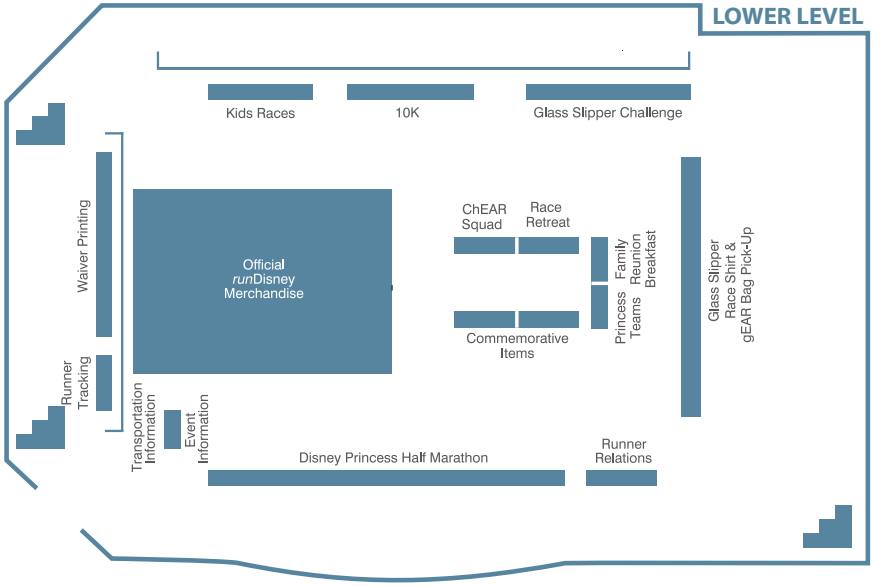
Entry Level

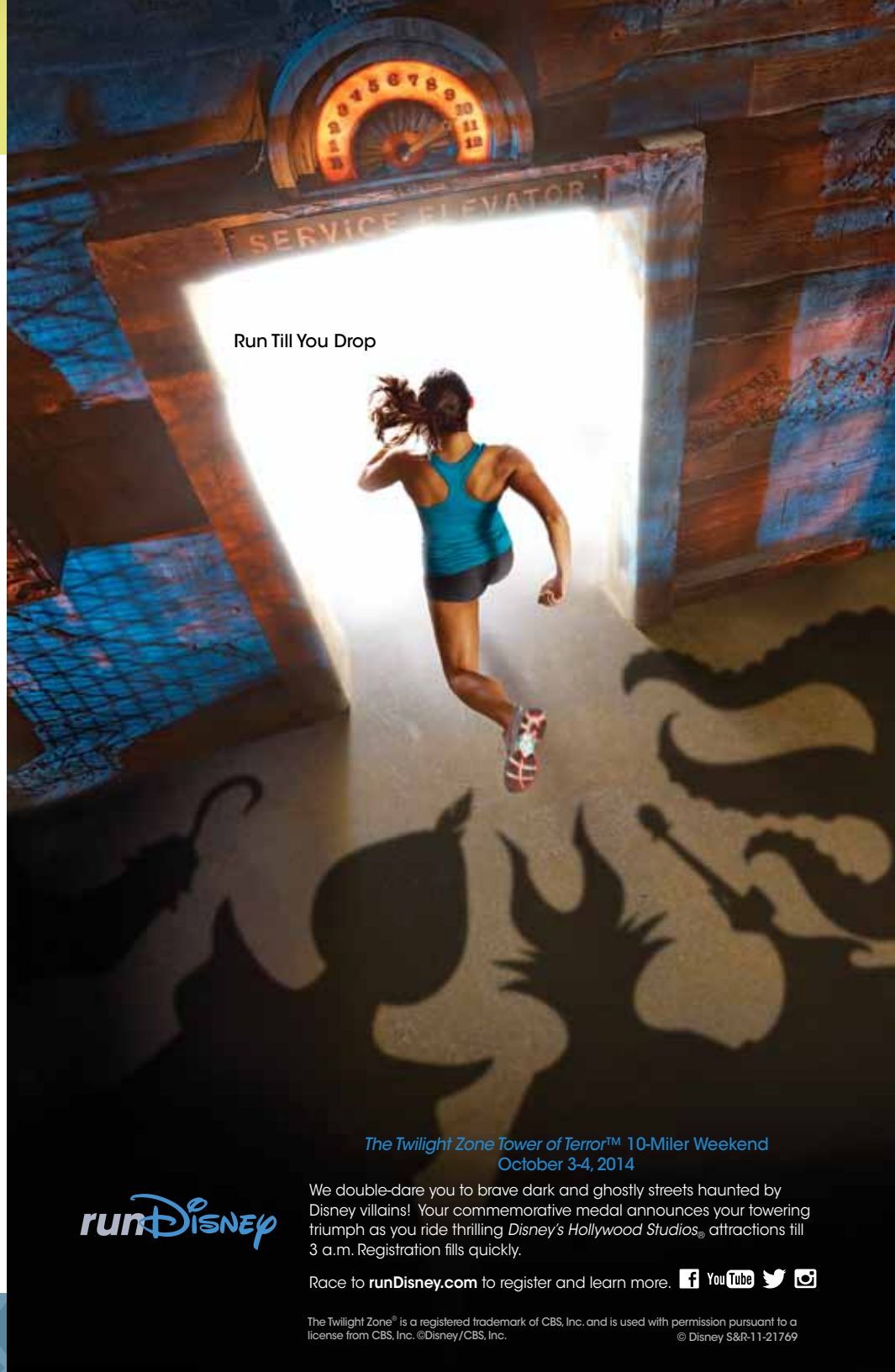
- 5K Packet Pick-Up
- Runner Relations Booth

Lower Level

- 10K & Half Marathon Packet Pick-Up
- Disney Glass Slipper Challenge Packet, Race Shirt & gEAR Bag Pick-Up
- Official *run*Disney Merchandise
- Commemorative & Pre-Purchased Items Pick-Up
- Runner Relations
- Kids Races Packet & Race Shirt Pick-Up







The Twilight Zone Tower of Terror™ 10-Miler Weekend
October 3-4, 2014

runDisney

We double-dare you to brave dark and ghostly streets haunted by Disney villains! Your commemorative medal announces your towering triumph as you ride thrilling *Disney's Hollywood Studios*® attractions till 3 a.m. Registration fills quickly.

Race to **runDisney.com** to register and learn more.

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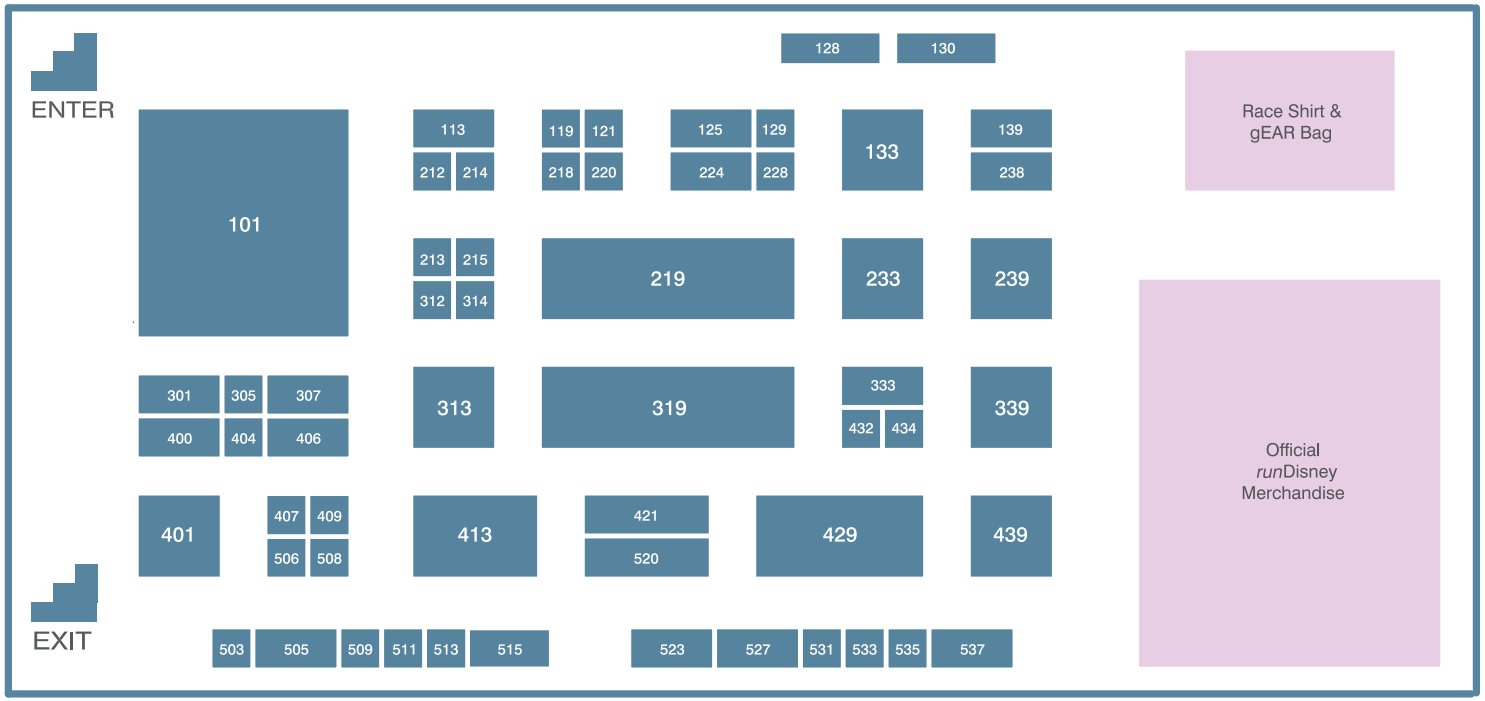
Expo Floorplan - Jostens® Center



EXHIBITOR	BOOTH
Active Sol Eyewear	312
Another Mother Runner	535
Armpocket	515
BeeCause Charms	314
Bondi Band	224
Champion	429
Children's Miracle Network Hospitals	**239**
Chiquita	**139**
COOLCORE	409
Curl by Sammy Duvall	214
Dannon	**ESPN Globe**
Disney Vacation Club	537
Endure	432
Fellow Flowers	400
Fit2Run	219, 319

EXHIBITOR	BOOTH
Fitletic	520
FlipBelt	218
Florida Hospital Celebration Health	**401**
Fond Memories Graphics	434
Full Sail University	531
Girl Power 2 Cure	129
Handana Sweatbands	509
KT Tape	523
Lady Foot Locker	**339**
Lasting Commemoratives	113
Lift Your Sole	215
LUNA Bar	**233**
MarathonFoto	130
Milestones Sports Jewelry	307
New Balance	**101**

EXHIBITOR	BOOTH
Nite Beams	305
Noah's Light Foundation	121
Nuu-Muu	119
One More Mile	313
Polar Electro	220
Raw Threads	413
Redbook	**301**
***run*Disney**	**439**
RunGirlRun	506
Runner Girl	125
Running Skirts	333
SIGVARIS Sports	511
SnuggBuds Sport Headsets	508
Sparkle Athletic	527
SparkleSkirts	421

EXHIBITOR	BOOTH
Sparkly Soul, Inc.	505
SPIbelt	406
SportHooks	213
St. Jude Children's Research Hospital	404
Success Rice	533
Sweaty Bands	133
TAPS	513
The RooSport	212
The Stick	503
Tom Tom	128
Transitions Optical	**238**
Women's Running Series	407
yurbuds	228

Speaker Series

Thursday, February 20, 2014 10:00 a.m. – 8:00 p.m.

Noon

Your Body, Your Palace *presented by Celebration Health with Tara Gidus, Official runDisney Nutritionist*

Celebration Health and Tara Gidus have teamed up to teach you some helpful tips to keep your body in Princess shape. These experts will discuss stretching tips, what to eat before your big day, and how to recover after your weekend race, so you can celebrate like royalty.

1:00 p.m.

The Cinderella Story: Proof a Pair of Shoes Can Change Your Life *Presented by New Balance*

The shoe experts from New Balance will show you how finding the right fit can improve your running, just like it changed Cinderella's life. Then, learn how to put those shoes to even better use with the New Balance Good Form Running Clinic, where you'll learn the four crucial elements that can turn running into a more enjoyable (and less painful) experience. Leave those glass slippers at home - you'll want your running shoes to participate in some "feet on" learning.

2:00 p.m.

Information For Runners and Spectators
***run*Disney Panel**

Whether you're running or cheering, our panel of experts will tell you everything you need to know about the Princess Half Marathon courses. We've lined up the race director, course director spectator expert, and the new runDisney Mom to share all the important details and they'll also take some time to answer questions from the crowd in an interactive Q&A session.

3:00 p.m.

Tips and Tricks to Prepare for Race Day
Betsy Hughes, Co-Owner of Track Shack Events
Tara Gidus, Official runDisney Nutritionist
Dimity McDowell Davis, Another Mother Runner
Sarah Bowen Shea, Another Mother Runner

Join our panel of princess experts as they discuss topics like what to wear, how to refuel, race strategy, and most important of all - looking great for your finish line photo! This session will prepare you for your best race day yet!

4:00 p.m.

I Can Go the Distance!
Jeff Galloway, Official runDisney Training Consultant

Once you make it to the finish line, you'll have some celebrating to do! Jeff Galloway's training programs have helped thousands of runners – and his tips will ensure you can enjoy your Disney vacation injury-free and with energy to spare.

Friday, February 21, 2014 9:00 a.m. – 7:00 p.m.

11:00 a.m.

The Cinderella Story: Proof a Pair of Shoes Can Change Your Life *Presented by New Balance*

The shoe experts from New Balance will show you how finding the right fit can improve your running, just like it changed Cinderella's life. Then, learn how to put those shoes to even better use with the New Balance Good Form Running Clinic, where you'll learn the four crucial elements that can turn running into a more enjoyable (and less painful) experience. Leave those glass slippers at home - you'll want your running shoes to participate in some "feet on" learning.

Noon

13.1 Dream Come True Tips for a Magical Race Day *Presented by Luna*

The Luna Pace Team will share their secrets to help athletes of all abilities run or walk their best half marathon before turning into a pumpkin at midnight.

1:00 p.m.

Information For Runners and Spectators
***run*Disney Panel**

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Speaker Series

Saturday, February 22, 2014 9:00 a.m. – 5:00 p.m.

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Presented by New Balance
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11:00 a.m.
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Tara Gidus, Official runDisney Nutritionist
Dimity McDowell Davis, Another Mother Runner
Sarah Bowen Shea, Another Mother Runner
Join our panel of princess experts as they discuss topics like what to wear, how to refuel, race strategy, and most important of all - looking great for your finish line photo! This session will prepare you for your best race day yet!

2:00 p.m.
Your Body, Your Palace *presented by Celebration Health with Tara Gidus, Official runDisney Nutritionist*
Celebration Health and Tara Gidus have teamed up to teach you some helpful tips to keep your body in Princess shape. These experts will discuss stretching tips, what to eat before your big day, and how to recover after your weekend race, so you can celebrate like royalty.

3:00 p.m.
I Can Go the Distance!
Jeff Galloway, Official runDisney Training Consultant
Once you make it to the finish line, you'll have some celebrating to do! Jeff Galloway's training programs have helped thousands of runners – and his tips will ensure you can enjoy your Disney vacation injury-free and with energy to spare.

Lady Foot Locker®

Good luck to all the women participating in this year's Disney's Princess Half Marathon.

Disney Princess 1/2 MARATHON

Presented by Children's Miracle Network Hospitals

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DELICIOUS
VARIETY
of FLAVORS
Possibly the Best Yogurt in the World.
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DANNON

Nutrition Tips

Tara Gidus, MS, RD, CSSD, LD/N - Official Nutritionist for *run*Disney

1. You are what you eat. Put the right fuel in your body to feel like a princess all the way to the finish line.
2. For pre-race meal and the day before the big race, don't explore new foods. Stick to your tried and true foods that make you feel the best!
3. The goal of pre-run fuel is to prevent low blood sugar, top off glycogen stores or "muscle fuel", ensure hydration, and to keep you from getting hungry on the course.
4. Pre-run food should be high in carbohydrates, which digest quickly and provide the primary fuel for working muscles. A small amount of protein will keep you feeling satisfied without slowing you down. Avoid slow digesting fats and fibers, which can make you feel sluggish and uncomfortable.
5. An hour before the race stick to liquids like water or sports drinks, and steer clear of beverages like soda, juice, or "energy" drinks.
6. Run confident in your princess tutu by hydrating with 4-8 ounces of sports drinks every 15 to 20 minutes on the course. One big "gulp" is about 1 ounce.
7. The biggest cause of fatigue during a marathon is too much fluid lost by sweating. Losing as little as 2% of your body weight can mean dehydration that can affect performance and recovery.
8. If you take energy gels or beans, don't forget to guzzle some water. Chasing gels with sports drinks can leave you with too much sugar in your stomach causing tummy troubles.
9. After you take pictures with your Princess medal, hurry to refuel your depleted muscles with a high carb snack and a little protein within 30 minutes of crossing the finish line.
10. Remember the 3 R's for Recovery: Refuel with Carbohydrates, Rebuild with Protein, and Rehydrate with Fluid.
11. Follow your liquid snack/meal with a recovery meal 1-2 hours after that to complete your refueling needs and feel all princess-y again.
12. Pile on antioxidant rich fruits and vegetables post race to reap benefits of reducing muscle soreness.
13. Continue to hydrate after you fly across the finish line, check your urine color and make sure it's barely yellow to ensure you've replenished fluids after your intense sweat session.

Pasta in the Park Party

Friday, February 21, 2014
Saturday, February 22, 2014

Buffet Dinner: 7:00 p.m. – 8:30 p.m.
***IllumiNations: Reflections of Earth*: 9:00 p.m.**
World ShowPlace Pavilion inside *Epcot*®

Start off your 2014 Disney Princess Half Marathon Weekend presented by Children's Miracle Network Hospitals by joining us for the Pasta in the Park Party at *Epcot*®! This event is a great way to relax and be entertained before your big race. Tickets are not interchangeable by day; date purchased must be the date attended.

Pasta Party Ticket Pick Up Information for Guests who selected Will Call Pick Up
Tickets will be mailed to you prior to the event unless you selected Will Call Pick Up. If you purchased Pasta Party Ticket and selected Will Call Pick up, you will need to pick up your Pasta Party ticket at the ESPN Wide World of Sports Welcome Center during Disney Fit For a Princess Expo hours. Upon arrival, at the ESPN Wide World of Sports, look for signs labeled Will Call.

You need the below in order to receive your tickets at the Disney Fit For a Princess Expo:

- A printed copy of your order confirmation
- A valid photo ID (i.e. driver's license, passport, or Military I.D.).

If you selected a shipping option, your tickets cannot be picked up as a Will Call order.

Directions to World ShowPlace Pavilion and Reserved Viewing Location for *IllumiNations: Reflections of Earth*
The World ShowPlace Pavilion is located directly between the Canada and United Kingdom Pavilions inside *Epcot*®. Between the two Pavilions a gate will be open that will take you to World ShowPlace Pavilion. Please show the attendant at the entrance to the Pasta Party your ticket. The attendant will give you a wrist band that you will need to wear for the remainder of the party. At 8:30 p.m., you will be lead to a reserved viewing location for *IllumiNations: Reflection of Earth*. This wristband will also serve as your ticket into the reserved viewing location.

The Pasta in the Park Party at the Disney Princess Half Marathon Weekend features:

- Buffet pasta dinner and dessert at the World ShowPlace Pavilion inside *Epcot*®
- Cash Bar
- Disney character appearances
- Live DJ
- Reserved viewing location of *IllumiNations: Reflections of Earth*, a mesmerizing fireworks, laser and water show

Tickets do not include activities/events separately priced. Tickets are subject to availability. All prices are in US dollars. Ticket orders are not accepted until confirmed with confirmation number. All prices are subject to change without notice before acceptance of your order. Pasta in the Park Party elements, including but not limited to participating locations, menus, attractions and entertainment are subject to availability, and may change or be canceled without notice. Standard *Epcot*® Theme Park admission tickets will not allow Guests to attend the Pasta in the Park Party.

Entry into *Epcot*® before 7:00 p.m. will require a Theme Park ticket. Tickets are valid only during the specific event date and hours for ticket purchased and are not interchangeable. Tickets are non-transferable and non-refundable.

**Subject to availability and subject to change without notice.*

Weekend Breakfast

Breakfast Packet Pick-Up
Pick up your Breakfast package on the main floor of the HP Field House at Disney Fit For a Princess Expo. Look for the booth labeled Family Reunion Breakfast. If you do not pick up your package at the Expo, you will not be able to access the Family Reunion Breakfast on race day. You will need to show your Photo ID to pick up your package. For additional packet pick-up information, please view page 11.

Schedule & Reminders
Breakfast: Friday, February 21, 2014
7:00 a.m. - 9:00 a.m.
Epcot®

Location & Access
The Breakfast Tent is a very large, white tent located in the Family Reunion (Wonder Lot) area at *Epcot*®. When you pick up your Breakfast package at the Expo, you will receive a wristband. The wristband must be worn at all times to gain entry into the tent.

Character Greetings
Disney characters will make appearances in designated photo locations throughout the Breakfast on Friday.

Tickets are non-refundable. The above menu items are subject to change without notice. All the above is subject to availability. Children under 3 are free.

Event Transportation has been arranged for those staying at select Event Host Resorts. Buses will be indicated by event transportation signs placed in the front windows and will run every 20 minutes from *Walt Disney World*® Resorts after the 5K from 7:00 a.m. – 9:00 a.m. Any Guests leaving after 9:00 a.m. can use existing *Epcot*® transportation to return to their Event Host Resort. Guests not staying at an Event Host Resort will need to provide their own transportation.

**Subject to availability and subject to change without notice.*

Race Retreat

Schedule & Reminders
Saturday, February 21, 2014
Epcot®
- 3:00 a.m. to 8:30 a.m.
- 3:00 a.m. to 5:00 a.m. – Runner's Only with a continental breakfast
- 5:30 a.m. to 9:00 a.m. – Tent Opens to Platinum ChEAR Squad guests
- 6:30 a.m. to 8:30 a.m. – Breakfast Service

Sunday, February 22, 2014
Epcot®
- 3:00 a.m. to 10:30 a.m.
- 3:00 a.m. to 5:30 a.m. – Runner's Only with a continental breakfast
- 5:30 a.m. to 10:30 a.m. – Tent Opens to Platinum ChEAR Squad guests
- 7:30 a.m. to 10:00 a.m. – Breakfast Service

Location & Access
The Race Retreat is a very large, white tent located in the Family Reunion (Wonder Lot) area at *Epcot*®. When you pick up your Race Retreat package at the Expo, you will receive a wristband. The wristband must be worn at all times to gain entry into the tent. Only race participants will be allowed in the tent from 3:00 a.m. to 5:30 a.m. If your friends and family purchased the Platinum level of the ChEAR Squad, they will be able to gain access to the Race Retreat at 5:30 a.m.

Bag Check
Private bag check will be available inside Race Retreat. Please be sure to use the clear plastic gEAR bag given to you at Packet Pick-Up for your bag check. Please affix your bag check number to your clear bag prior to arriving at Race Retreat. All participants' bags are subject to search. Please do not check any valuable items. The event staff is not responsible for any lost, damaged, or stolen items.

Stretching Area
A padded stretching area will be available before the race.

Race Start
All runners are expected to be in their corrals no later than 5:00 a.m. Please plan on a 20-minute walk from Race Retreat to the corral area. Signs inside Race Retreat will direct you towards the start line.

Restrooms & Changing Tents
Private port-o-lets and hand wash stations are available to runners who purchased Race Retreat package. Changing tents will also be available and are located in the restroom area.

Massage & Self-Treatment Stations
Florida Hospital will be in the Race Retreat providing post-race massages and a self-treatment station with ice and other medical supplies for treatment of minor injuries. A post-race massage is available on a first-come, first-served basis and is $10 for 10 minutes. Cash or check only.

Information Station & Live Results
Looking for information about the race? An Information Volunteer will be stationed inside Race Retreat and will be able to answer your questions about Marathon Weekend. Computers will also be available for you to check your results after the race.

Character Greetings
Disney characters will make appearances at Race Retreat in designated photo locations throughout the day on Saturday and Sunday.

**Subject to availability and subject to change without notice.*

Friday, February 21
Saturday, February 22

Epcot®
8:45 a.m. – 1-Mile Run Race Start
9:15 a.m. – *run*Disney Kids Races Start

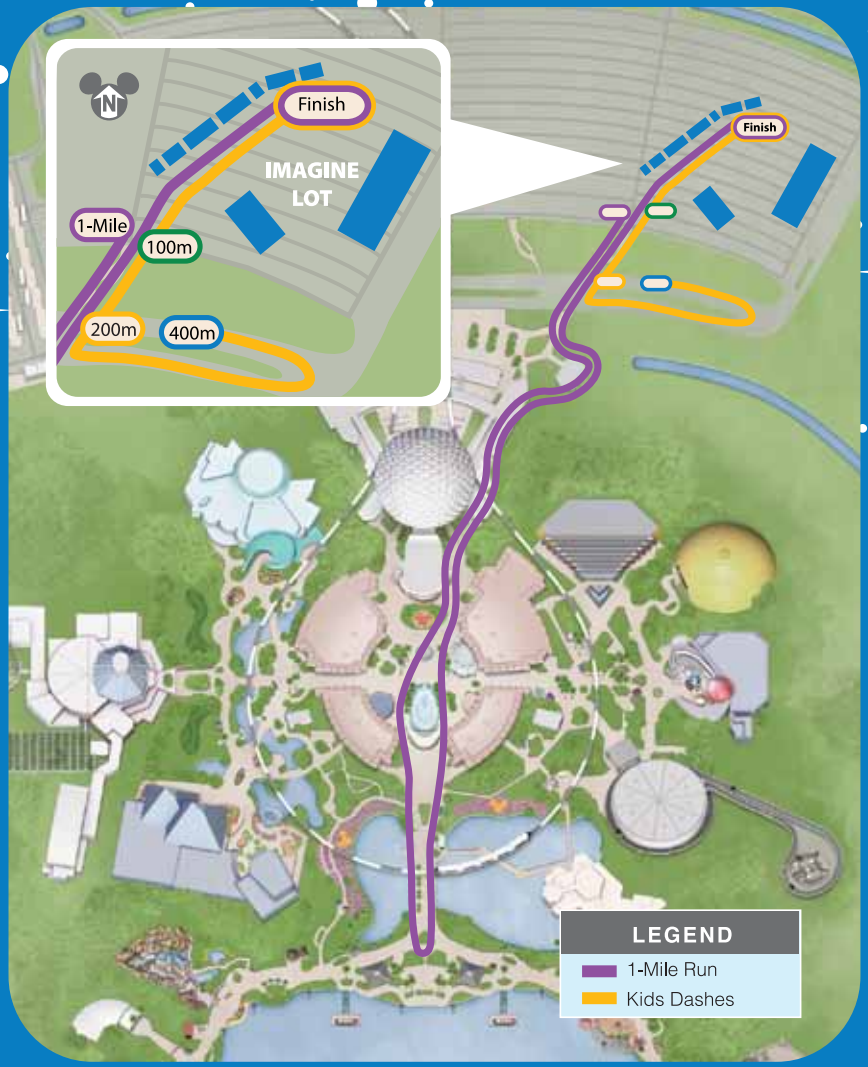
Pre-registered children ages 13 and under can be a part of the *run*Disney Kids Races so they can earn a finisher medallion just like Mom or Dad. The races include the infant Diaper Dash, 100m, 200m, 400m, and 1 Mile Run. Each age group will have its own corral area in the Amaze Lot, which will be color-coded for all parents to easily find. Each participant's bib number matches the starting flag for their distance. Make sure to wear the color-coded Kids Dash or 1-Mile Run bib on your assigned race day! Each start line will have feather banners that match the color of the numbers on the race bibs – green for 100m, yellow for 200m, blue for 400m, and white for the 1-Mile Run. Diaper Dash will take place at the finish line. Any parents who wish to run with their children are encouraged to do so.

Parent Claim Process

Each race bib will include a tear off tag with your child's race number on it. Please remove this tag from your child's bib prior to their race. Present this tag at the conclusion of the race in the Imagine Lot in order to leave the secure finish area with your child.

Timing/Race Results

Since everyone is a winner, none of the *run*Disney Kids Races will be scored. There will be no Race Results for the 400m, 200m, 100m, or Diaper Dash. The 1-Mile Run will be timed and participants can view their race times online at **rundisney.com**.



Schedule

8:35 a.m.	1-Mile participants meet at corrals
8:45 a.m.	1-Mile Race Starts*
9:00 a.m.	Dashes participants meet at corrals
9:15 a.m.	Dashes Start

**Parents that are running with their child are allowed in the Mile corrals.*

5K & 10K Information

Cinderella Royal Family 5K
Friday, February 21
Epcot® 6:15 a.m. – Start

Disney Princess Enchanted 10K presented by Children's Miracle Network Hospitals
Saturday, February 22
Epcot® 5:30 a.m. – Start

gEAR Bag Check

Cinderella Royal Family 5K
- Wonder Lot – *Epcot*®
- 5:00 a.m. to 9:00 a.m.

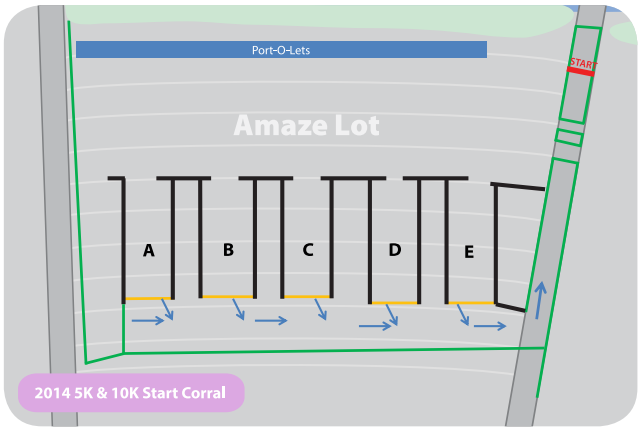
Disney Princess Enchanted 10K
- Wonder Lot – *Epcot*®
- 4:15 a.m. to 9:00 a.m.

Please consider not bringing a gEAR bag to check on race day. All items will be inspected. We suggest that you do not bring any unnecessary articles with you and please do not check cold or gel packs. If you must check a gEAR bag, you MUST use the clear bag provided to you at Packet Pick-Up. NO EXCEPTIONS. Once you finish, your race number will be used to verify your gEAR bag. Do not check any valuable items. The Event Staff is not responsible for any lost, damaged, or stolen items. Do not leave any belongings unattended, and if you see something suspicious, please say something to race officials and security personnel.

Corrals

All participants will be assigned a starting corral, which will be designated on your bib. You must pick up your race bib at Packet Pick-Up and wear the race bib centered on the front of your shirt. Participants without a race bib will be removed from the course for security and safety reasons. Please report to your assigned corral before the race.

Runners will be prohibited from walking from Bonnet Creek Parkway or Buena Vista Drive. You must access the start corrals through the Explore Lot at *Epcot*®. Runners who try to access the start corrals from any area other than the Explore Lot at *Epcot*® are subject to disqualification. Runner drop off is available in the Taxi Lot at *Epcot*®.



Safety

Guests with strollers are not allowed to participate in the 5K or 10K. For more safety information, please see pages 42 and 43.

Timing

Clocks will be located at every mile marker along the course. 10K participants will receive a race bib with your chronotrack B-Tag will be attached to the back. Do not remove, bend or break the chronotrack B-Tag. The chronotrack B-Tag records your official and net time. The net time is the time it takes you to get from the start line mats to the finish line mats and will be used to determine the scoring for awards. Please do not alter the chronotrack B-Tag in any way. Without the B-Tag, your time WILL NOT be recorded.

Water And Medical Stops

There will be two water stops along the 5K course and three water stops along the 10K course, plus medical personnel on bikes will ride along with you. There will be a medical tent at the finish line.

Fuel Your Inner Princess

Feed your body before, during and after the race, with the essential vitamins and nutrients found in Chiquita and Fresh Express products.

Chiquita

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Visit **www.Chiquita.com** and **FreshExpress.com** or check us out on

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Disney Princess Half Marathon
Sunday, February 23
Start: *Epcot*®
5:33 a.m. – Wheelchair Start
5:35 a.m. – Start

The Start
The start zone for both the Half Marathon is located in the Wonder Parking Lot at *Epcot*®. Please plan on at least a 20-minute walk from the start zone to your corral. The letter on your race number will correspond with your assigned corral. Signs and event personnel will help you find your corral. For safety reasons and as a courtesy to others, please line up in the appropriate corral. Measures will be taken to prevent unofficial runners from starting.

Restroom Facilities
Private portable restroom facilities will be available in the staging area, on the course near the beverage stations and in the finish line area at *Epcot*®.

gEAR Bag Check
Half Marathon
- Wonder Lot – *Epcot*®
- 2:30 a.m. to 10:30 a.m.

Please consider not bringing a gEAR bag to check on race day. All items will be inspected. We suggest that you do not bring any unnecessary articles with you and please do not check cold or gel packs. If you must check a gEAR bag, you MUST use the clear bag provided to you at Packet Pick-Up. NO EXCEPTIONS. Once you finish, your race number will be used to verify your gEAR bag. Do not check any valuable items. The Event Staff is not responsible for any lost, damaged, or stolen items. Do not leave any belongings unattended, and if you see something suspicious, please say something to race officials and security personnel.

Race Bibs

Each runner will be issued a race bib at Packet Pick-Up. Please wear the race bib centered on the front of your shirt. It is your responsibility to wear the bib number during the race. Participants without a race bib will be removed from the course for security and safety reasons. Please remember to fill out the Emergency Medical Information on the back of the race bib. Safety pins for your race bib will be in the gEAR bag.

In order to receive an accurate time, please confirm that your bib is:

- Clearly visible on the front of the torso
- Unaltered and unmodified (do not fold or wrinkle)
- Pinned in all four corners
- Not covered with shirts, jackets, winter wear, etc Timing

Clocks will be located at every mile marker along the course. When you receive your race bib, your chronotrack B-Tag will be attached to the back. Do not remove, bend or break the chronotrack B-Tag. The chronotrack B-Tag records your official and net time. The net time is the time it takes you to get from the start line mats to the finish line mats and will be used to determine the scoring for awards. Please do not alter the chronotrack B-Tag in any way. Without the B-Tag, your time WILL NOT be recorded.

Participant Checklist

- Race bib with ChronoTrack B-Tag and safety pins (Did you remember to complete the Emergency Medical Information on the reverse of the bib?)
- Clear plastic drawstring gEAR bag with bag check sticker
- Pre-determined reunion location at *Epcot*® (Let your friends and family know your race number, anticipated time, what you are wearing, and where to meet.)

Perfect Princess

If you are a "Perfect Princess" participant, please pick up your commemorative lanyard at the Perfect Tent located on the left side of the finish chute after you receive your finisher's medal.

Princess Teams

If you purchased a Princess Half Marathon Team Package, one team member will need to pick up your team packet at the Princess Half Marathon Teams counter located in the HP Field House. At that location, you will receive your commemorative bib as well as have access to a Team Photo Area to kick off the weekend. A copy of one Team Member's photo ID is required in order to pick up your team package.

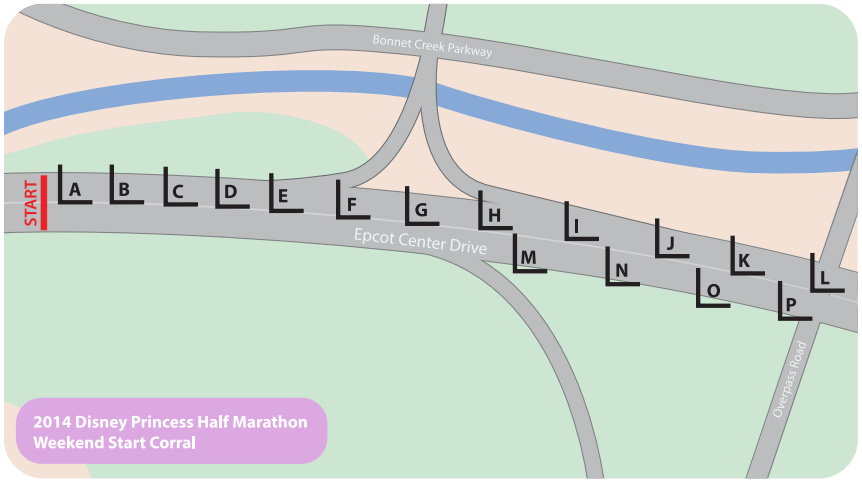
Please note: Commemorative bibs do not have timing chips on them. You must wear your regular Princess Half Marathon Bib (which you will pick up separately at the Princess Half Marathon Counters) in order to be timed for the race.

Not Finishing

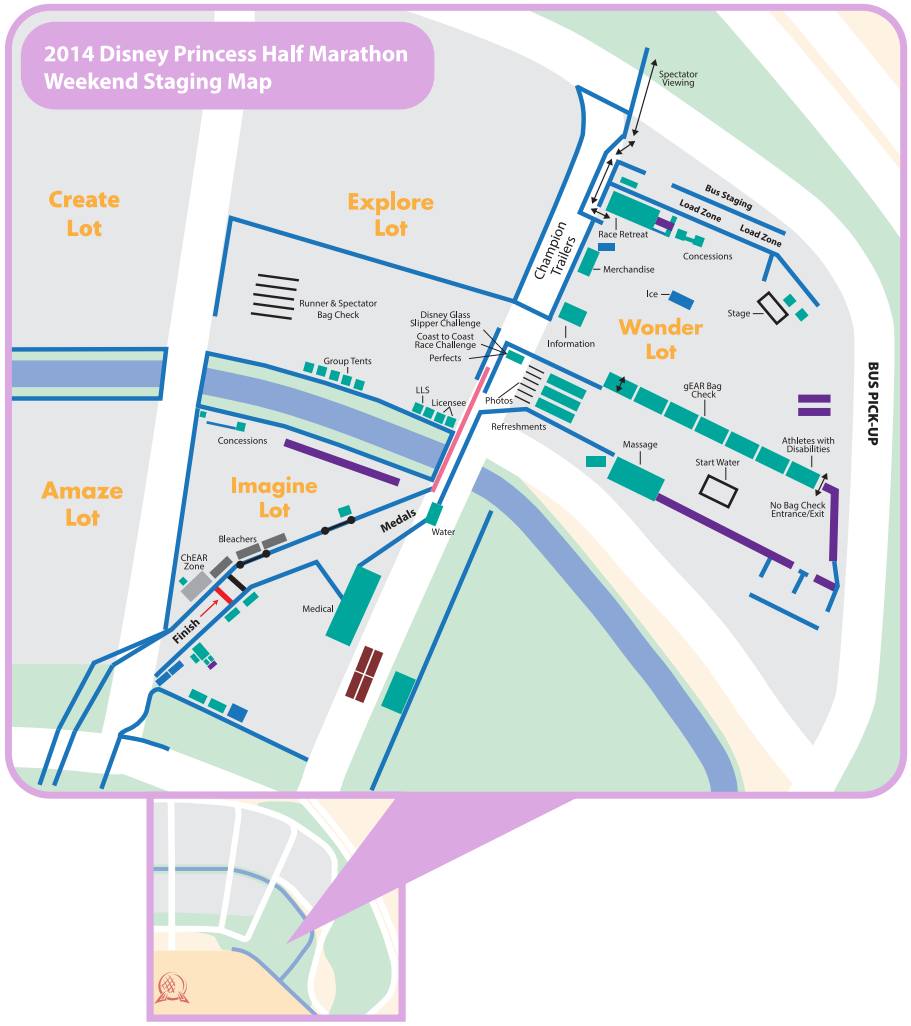
If you are unable to finish the race, please stop at the nearest Florida Hospital Celebration Health Medical Station along the course for assistance and direction. If you are unable to continue at any point in the race, transportation is available to transport you to *Epcot*®.

Corrals

Runners will be prohibited from accessing the start corrals from Bonnet Creek Parkway or Buena Vista Drive. You must access the start corrals through the Explore Lot at *Epcot*®. Runners who try to access the start corrals from any area other than the Explore Lot at *Epcot*® are subject to disqualification. Runner drop off is available in the Taxi Lot at *Epcot*®.



Staging Map



Half Marathon Course

Course Description

Disney Princess Half Marathon will start just outside of the *Epcot*® Parking Lot. Runners will proceed up World Drive towards the *Magic Kingdom*® Park. Upon entering the *Magic Kingdom*® Park, participants will pass through Tomorrowland, Cinderella Castle, and Frontierland. Participants then proceed down World Drive to make their return to *Epcot*®. The course will take participants through Future World and past Spaceship Earth on their way to an unforgettable finish!

Beverage Stations and Food Stops

Nine beverage stations will be set up along the course, offering both Dasani water and lemon-lime Powerade. Clif product will be distributed at mile 8.7.

70% Organic

CALCIUM · VITAMIN D · IRON · FOLIC ACID
CORE 4

Snacks to Keep You Moving

70% ORGANIC · 8–10 GRAMS OF PROTEIN · 3–5 GRAMS OF FIBER

† Contains 5–6g total fat

LUNA
WHOLE NUTRITION BAR FOR WOMEN®

While other nutrients are also essential for human nutrition, the CORE 4 nutrients are listed because of their importance to many women seeking to maintain their health.
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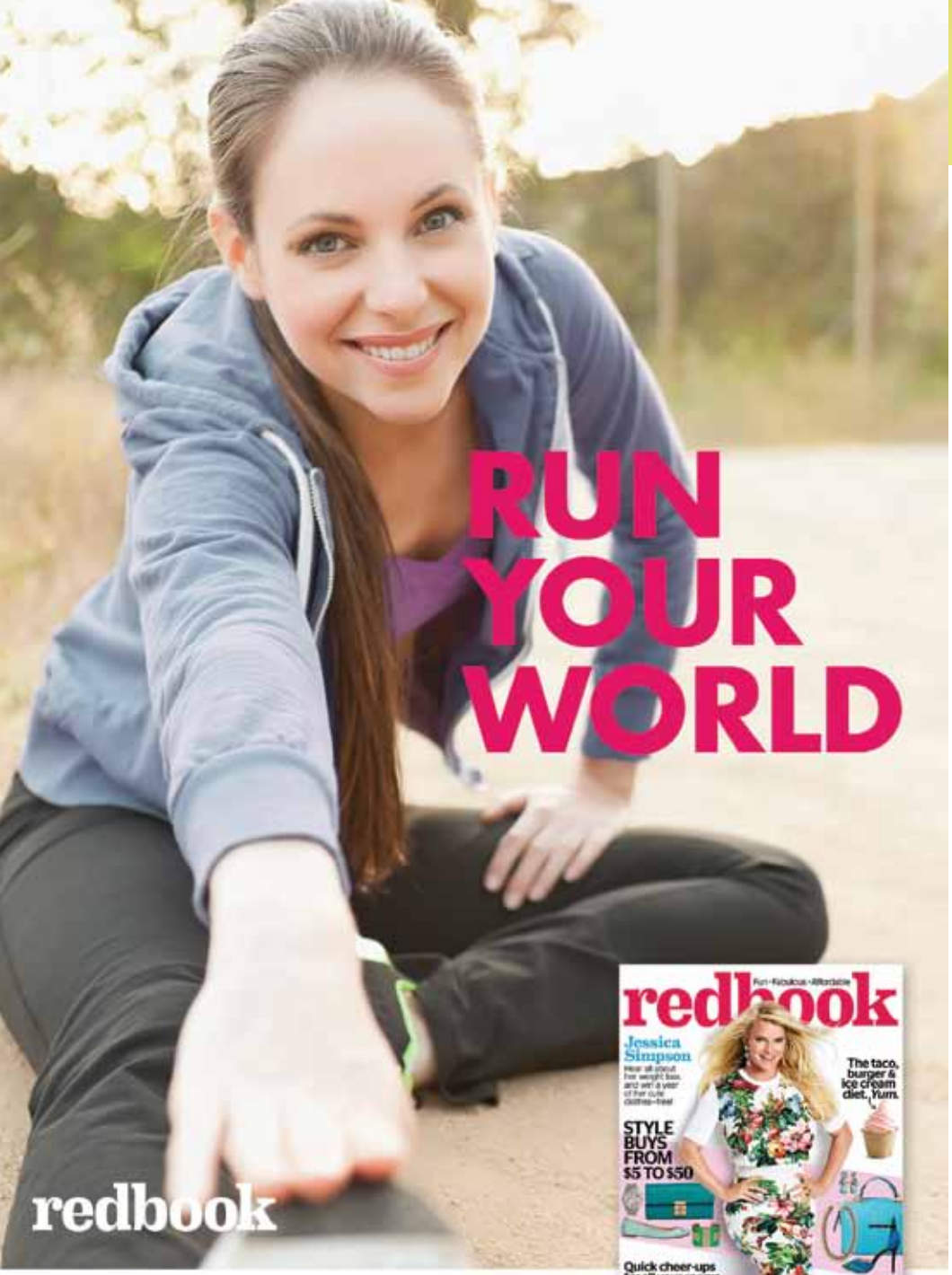
Disney Glass Slipper Challenge

Disney Glass Slipper Challenge
After completing the 10K on Saturday and the Half Marathon on Sunday, please check in at the Disney Glass Slipper Challenge tent located in the Finish Line chute.

10K
After completing the 10K, Challenge Participants must visit the Glass Slipper Challenge tent with their Glass Slipper Challenge Bib to receive their "10K Finisher" wristband.
*Glass Slipper Challenge Bib must be presented in order to receive the "10K Finisher" wristband.

Half Marathon
After completing the Half Marathon, Challenge participants must visit the Glass Slipper Challenge tent with their Glass Slipper Challenge Bib and "10K Finisher" wristband to receive the prestigious Glass Slipper Challenge medal and to celebrate their accomplishment.

**Both Glass Slipper Bib and "10K Finisher" wristband must be presented in order to receive the Glass Slipper Challenge medal.*



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Jessica Simpson
STYLE BUYS FROM $5 TO $50
The taco, burger & ice cream diet. Yum.
Quick cheer-ups for all your rooms
Wonder foods for younger looking skin

REDBOOK is proud to be the official media sponsor of the Disney Princess Half Marathon Weekend presented by Children's Miracle Network Hospitals.
Congratulations runners!

redbookmag.com

Race Etiquette

The race staff would like to thank you in advance for considering these etiquette tips as you enjoy the Disney Princess Half Marathon Weekend presented by Children's Miracle Network Hospitals events.

- Please pay attention to pre-race instructions – both print and verbal. What you read and hear will not only help guide you through the course but will keep you safe.
- Wear your race bib on the front of your shirt and SMILE! MarathonFoto photographers will be taking pictures of you throughout the race.
- Please enter your correct start corral. This will ensure that you are running with people who have a similar pace.
- If you want to run with a friend and they are in a different corral, the faster of the two can move back to the slower corral.
- Run or walk no more than two abreast. Other runners will want to get by you. If you are walking in a group, please start in the last corral.
- If you are stopping at a water or food station, move all the way over to the table. Grab water and move away from the table so that others may get water, too.
- Move to the side if someone behind you says "Excuse Me" or "Coming Through".
- Feel free to shout words of encouragement to other runners. You will hear words of encouragement in return.
- When you are approaching the finish line, you may see loved ones cheering you on. Please do not encourage any one to join you in the finish line stretch. Your support team is very important, but please communicate that the race course and finish area is for registered participants and staff only.
- Enjoy the post-race refreshments, but remember that others will want to enjoy the goodies too. Please be courteous to those finishing behind you and take only one of each item.
- Celebrate! Thank your volunteers and have a great race!

Safety

Safety Reminder

- For everyone's safety, baby joggers, strollers, baby carriers, baby backpacks, inline skates, motorized scooters, bicycles, skateboards, canes, crutches, walkers, walking sticks and animals of any kind are prohibited from the course. Violators will be removed from the course and transported to the finish line area.
- Headphones are discouraged due to audio messages that are placed throughout the course to ensure your safety.
- Costumes are allowed and encouraged. However, face masks are NOT ALLOWED for security and safety reasons. Violators will be removed from the course.
- Questionable or offensive costumes will result in the participant being asked to change or be removed from the event.

Runners will be prohibited from accessing the start corrals from Bonnet Creek Parkway or Buena Vista Drive. You must access the start corrals through the Explore Lot at *Epcot*®. Runners who try to access the start corrals from any area other than the Explore Lot at *Epcot*® are subject to disqualification. Runner drop off is available in the Taxi Lot at *Epcot*®.

Costumes

You are allowed to wear a costume during the events. However, your costume cannot include a facemask. Anyone seen in violation of this will be removed from the course. If your costume is questionable or offensive to others, we reserve the right to either have you change into something more appropriate or remove you from the event.

Pacing Requirements

All participants must be able to maintain a 16-minute per mile pace throughout their race. Anyone who is not able to maintain a 16-minute per mile pace may be picked up and transported to the Family Reunion Area at *Epcot*®. You may be picked up at any point along the course for not maintaining a 16-minute per mile pace. It is suggested that athletes train for a 15-minute per mile pace or faster to allow time for breaks (restroom breaks, photo opportunities, etc.).

Pace Cyclists will be on the course indicating when runners are behind pace by waving orange flags at you reach a mile marker with an orange flag waving, please note you are behind the required 16-minute per mile pace and can be picked up at any time.

Weather

The race will be held rain or shine. If there is lightning in the area the race will either have a delayed start or depending on the intensity of the weather, be cancelled. All medical stations will have the appropriate flag color displayed according to existing heat conditions:

- **GREEN FLAG** – Good conditions. Enjoy the event but stay alert.
- **YELLOW FLAG** – Less than ideal conditions. Participants with high risk of heat stroke should withdraw.
- **RED FLAG** – Potentially dangerous conditions. Heat injury is possible. All participants urged to slow their pace and hydrate adequately.
- **BLACK FLAG** – Extreme and dangerous conditions. All participants advised not to compete. Course may be shortened and no times recorded.

For everyone's safety, delaying or canceling the event is at the discretion of the Event Management team. As a reminder, the registration fees are non-refundable and nontransferable.

Note: Please consider not bringing unnecessary bags with you on race day. All items will be inspected.

Time to Refuel

Ocean Spray

1 Serving
of Craisins® Original Dried Cranberries meets 25% of your daily recommended fruit needs*

Tastes good. Good for you.™

For more information visit www.oceanspray.com

*Each 1/4 cup serving of Craisins® Dried Cranberries provides 1/2 cup of fruit. The USDA MY Plate recommends a daily intake of 2 cups of fruit for a 2000 calorie diet.

runDisney

Disney Wine & Dine Half Marathon Weekend
November 7–8, 2014

5TH Anniversary

Experience a truly enchanted evening at the Disney Wine & Dine Half Marathon. Run through three *Walt Disney World*® Theme Parks at night as you enjoy world-class Disney entertainment along the way. Finish with an exclusive, epicurean, after-hours party inside the *Epcot*® International Food & Wine Festival. Registration opens March 4, 2014, and fills quickly.

Sign up for an email reminder at **runDisney.com**

© Disney

*run*Disney Coast to Coast Race Challenge

Do you want the ultimate test in endurance with a Disney twist? Then join the *run*Disney Coast to Coast Race Challenge! If you complete a *run*Disney half marathon or marathon at the *Walt Disney World*® Resort and the *Disneyland*® Resort in the same calendar year, then you will receive an additional medal commemorating your achievement!

Complete one of the following *run*Disney Races at the *Walt Disney World*® Resort:

- *Walt Disney World*® Marathon
- *Walt Disney World*® Half Marathon
- Dopey Challenge
- Goofy's Race and a Half Challenge
- Disney Princess Half Marathon presented by Children's Miracle Network Hospitals
- Disney Wine & Dine Half Marathon

Complete one of the following *run*Disney Races at *Disneyland*® Resort:

- Tinker Bell Half Marathon
- *Disneyland*® Half Marathon

You are automatically entered into the *run*Disney Coast to Coast Race Challenge when you register and complete the required combination of races. Travel West to East or East to West, you choose how to earn your *run*Disney Coast to Coast Race Challenge medal, but you must complete one race at the *Walt Disney World*® Resort and one race at the *Disneyland*® Resort in the same calendar year. You must have an official time for each of the events that you complete and each event must be either a half marathon or marathon. You will receive your medal after completing the second leg of your *run*Disney Coast to Coast Race Challenge.

Special in 2014, a pink edition of the *run*Disney Coast to Coast Race Challenge medal can be earned by running the 2014 Tinker Bell Half Marathon in January and the 2014 Disney Princess Half Marathon in February. Those who complete this combo of races will receive this newly created medal only at the 2014 Disney Princess Half Marathon.

Also in 2014, participants who complete the Tinker Bell Half Marathon, Disney Princess Half Marathon, and another eligible pair of *Disneyland*® Resort & *Walt Disney World*® Resort races will be eligible to receive the original *run*Disney Coast to Coast Race Challenge medal in addition to the pink version of the Coast to Coast Race Challenge medal.

Only in 2014 can runners earn each version of the *run*Disney Coast to Coast Race Challenge medal. Each race can only count once towards a Coast to Coast Race Challenge medal. To earn both medals in 2014, four races – two on each coast – must be completed. For any runners participating in an eligible *Walt Disney World*® Marathon Weekend event, the Tinker Bell Half Marathon and the Disney Princess Half Marathon in 2014, *run*Disney will email you in advance to see which version of the Coast to Coast Race Challenge Medal you prefer to receive.

Those participants completing the 2014 *run*Disney Coast to Coast Race Challenge at the Disney Princess Half Marathon will receive a wristband at Packet Pick-Up which must be worn until the completion of the Disney Princess Half Marathon. Once you receive your finisher's medal, you will trade in your wristband for a *run*Disney Coast to Coast Race Challenge medal.

Runners deferring one or both of these Tinker Bell Half Marathon and/or 2014 the Disney Princess Half Marathon race entries to 2015, will not be eligible to receive the pink Coast to Coast Race Challenge medal. Events and dates subject to change. All races are subject to age eligibility requirements and capacity limits.

Jeff Galloway

How To Stay Motivated

By Olympian Jeff Galloway
Official Training Consultant, *run*Disney

As race day approaches, the anticipated challenge of the distance, goal pressure, and self-imposed expectations combine to increase your overall stress level. As the overall level rises before or during a race to what it believes to be overload, the subconscious, emotional brain, triggers the release of anxiety hormones and then negative attitude hormones. You don't have to eliminate the stress to stop the negative hormones. By having a cognitive strategy, you'll shift control to the conscious brain which takes mental command over the subconscious brain. As you use this executive brain to focus on one cognitive thought at a time,the negative attitude hormones will wash out of your system. Here are the key cognitive acts that have been most successful in giving you control over your thoughts and can keep you going under the stress of the race.

- Eat a blood sugar boosting snack if needed—Low blood sugar is a major stress on the brain. A simple snack of about 100 calories can often change attitude in 20-30 minutes. Some runners have had a rebound by taking a sip or two of a sugar beverage and spitting it out.
- Drink a cup of coffee—if you drink coffee and have no problems doing so. Caffeine is a central nervous system stimulant, and engages the "focus" circuits of the brain.
- Start Walking. The gentle motion of walking and then running will stimulate secretion of the most powerful positive attitude human hormones: endorphins. To stay in the conscious brain, recite a mantra like the following: "I'm moving forward", "I'm in control".
- Smile—Smiles not only activate endorphins. A smile stimulates positive attitude circuits in the brain. Focus on this thought: "Smiles bring joy".
- Breathe in cadence with your steps—Rhythmical breathing has been shown to reduce stress and improve attitude. Take a lower lung breath every 3rd or 4th breath. Counting keeps the conscious brain in control.
- Believe that you will feel better, and that you are doing something positive for yourself. Your positive belief in what you are doing activates positive attitude hormones.
- Lower the adversity of the workout/race—if you are feeling stress/pressure when considering a pace of 9 min/mi, shift to 10 min/mi. If a 3-1 ratio seems challenging, use a 1-1. Shorter running segments often leave you feeling so strong that you increase speed at the end.
- If the going gets tough use one or more positive mantras as you focus on continuing—not giving up.
- Mantras—Talk to yourself. Use these or create your own.

I'm moving—I feel good
I know I can do this
I'm feeling better
The positive peptides are being received—I feel better
I'm changing my attitude
My exertion is making me feel better
One more minute
30 more seconds
10 more seconds
One more step, one more step, one more step

Taken with permission from Jeff's book MENTAL TRAINING: **JeffGalloway.com**

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Post Race

Happily Ever After Party at *Downtown Disney*® Marketplace

February 23, 2014
2:00 p.m. – 8:00 p.m.

You've worked hard and did your best during this year's Disney Princess Half Marathon Weekend. Now, it's time to join family and friends for an evening of fun, relaxation, and good times at the Happily Ever After Party at *Downtown Disney*®. Enjoy delicious food, great music, and get a chance to pick up some last minute keepsake merchandise to remember the weekend. Admission to the Happily Ever After Party at *Downtown Disney*® is open to race participants, their guests and the public. Check out special offers* from the following locations during the party:

- BabyCakes
- Basin
- Blink
- Bongos Cuban Café ™
- CURL
- Disney's Days of Christmas
- Fit2Run
- Goofy's Candy Co.
- Little MissMatched
- Magic Ink Tattoos
- Mickey's Pantry
- Paradiso 37
- Planet Hollywood
- Raglan Road
- Something Silver
- Splitsville Luxury Lanes ™
- Sunglass Icon
- Wetzel's Pretzels
- Wolfgang Puck® Express Marketplace

**Medals must be presented to receive discount. Offers are valid only Feb. 23, 2014 from 2:00 p.m. – 8:00 p.m. All members of the party must be present at the time of purchase. Discounts and offerings are at the discretion of each operating participant. All offers are subject to change. Check your iGiftbag for more information about the offerings. Offer for medal holder only unless otherwise noted.*

Results

All results will be posted online at **runDisney.com** the evening of the race.

Photos

MarathonFoto photographers will be on the course and at the finish line taking pictures during the race. Please wear your bib number on the front of your shirt. Please visit: **MarathonFoto.com** after the race to view your race photos. Photos usually take between 2-3 days to be loaded onto the website. You will need your race number to access your photos.

Finisher Certificates

Participants who finish the Half Marathon will be able to download a finisher certificate at **MyDisneyMarathon.com** approximately two weeks after the race.

Family Reunion Area

The Family Reunion Area will have feather banners arranged alphabetically with large letter signs for easy identification.

Tips for meeting up with friends and family:

- Let your friends and family know your race number, anticipated finish time, and what you are wearing.
- Determine a location for meeting friends and family after the race. We recommend the Family Reunion Area tents in alphabetical order.
- Have a back-up meeting location in place as well.

Awards

Overall Awards

Overall Half Marathon male, female and wheelchair winners
Family Reunion Area
Sunday, February 23, 2014
8:30 a.m.

The following awards will be presented on-site at the Awards Ceremony. Please note, overall awards are based on Gun Time.

- Top 3 Female Half Marathon Finishers
- Top Female Half Marathon Wheelchair Winners (push rim only)

Individual Awards

The following awards for both the 10K and Half Marathon will be mailed approximately three weeks after the event. Because of the number of people who participate in both the Half Marathon, it can often take several minutes to cross the start line. In the interest of fairness, Masters and Age Group award winners will be based on Net Time. Masters that place in the overall division will receive that overall award only. A runner will not receive two awards for the same race result.

- 2nd and 3rd Place Female Push Rim Wheelchair Winners
- 2nd and 3rd Place Male Push Rim Wheelchair Winners*
- Female Masters Champion
- Male Masters Champion*
- Military Male* and Female Top 5
- Age Groups (Male* and Female)

14-17	40-44	65-69
18-24	45-49	70-74
25-29	50-54	75-79
30-34	55-59	80 +
35-39	60-64	

Teams Awards

The following awards for the Half Marathon will be mailed approximately three weeks after the event. Because of the number of people who participate in both the Half Marathon, it can often take several minutes to cross the start line. In the interest of fairness, Team award winners will be based on Net Time. You must wear your official Half Marathon bib during the race. The Team bib you receive is a commemorative bib only, and is an optional accessory for the race.

- Top 3 Mother/Daughter Teams
- Top 3 Sister/Sister Teams
- Top 3 Open Women's Division Teams
- Top 3 Co-ed Teams

**Male awards only available in the 10K. There are no individual awards for the 5K.*

Medical Information

Florida Hospital Celebration Health Medical Stations are located along the course approximately every two (2) miles and will be marked with medical flags. With prior training, you should be prepared for the physical demands of the half marathon. Nevertheless, you may suffer cold or heat stress, or become dehydrated. The following can help you prepare for a safe and enjoyable race.

What To Know About Fluid Intake

- Drink enough before the race so that your urine is clear to light straw colored (this will vary per person).
- Limit fluids to approximately 4-6 ounces every 20 minutes during the race.
- At least every other water stop, you should have some form of electrolyte enriched fluid after the race.

Tips For Race Day

- Check your urine a ½ hour before the race or before you leave your home. If it is clear to light yellow (like light lemonade), you are well hydrated. If it is dark and concentrated (like iced tea), drink more fluids!
- DO NOT take any product with ephedra in it. Ephedra increases your risk of "heat illness." It should not be used while training or on race day!
- Stay away from dehydrating agents such as cold medicines, anti-diarrhea products, sinus meds and caffeine which all can lead to dehydration; you may take them again a few hours after finishing the race.

Pain Relievers / Supplements

- Recent medical research has shown that non-steroidal anti-inflammatory drugs (NSAIDs) like Advil, Motrin, Aleve, ibuprofen, aspirin, naproxen, etc. may be harmful to runners' kidney function if taken within 24 hours of running. Only acetaminophen (Tylenol®) has been shown to be safe.
- NSAIDs are thought to increase the possibility of hyponatremia while running long distances by decreasing blood flow to the kidneys and interfering with a hormone that helps the body retain salt. Therefore it is recommended that on race day (specifically beginning midnight before you run) you DO NOT use anything but acetaminophen (Tylenol®) if needed until 6 hours after you have finished the race, are able to drink without any nausea or vomiting, have urinated once, and feel physically and mentally back to normal. Then, an NSAID would be beneficial in preventing post-event muscle soreness.
- Narcotics should be avoided within 48 hours of race day due to harmful effect on performance, perception, and mental status.
- Vitamin supplements (Vitamin A, C & E) can alter urine color so be wary of hydration status if taking these supplements.
- Caffeine and other amphetamine-like compounds containing pseudophedrine, such as Sudafed and most sinus and cold preparations, taken within 24-hours of race time can also raise core temperature; increase blood pressure and heart rate and should be drastically limited during this time.

Warning Signs

- Nausea and/or Vomiting – this can be a sign of dehydration, or over hydration and electrolyte imbalance. Proceed directly to a medical aid station located throughout the course.
- Dizziness, confusion, loss of peripheral vision or general tingling – are more concerning and greater precautions should be taken. Find a course representative and ask for assistance immediately.
- Chest Pain – stop all activity and ask another participant to assist with locating a course representative or medical volunteer.
- Dry Skin – a sign of significant dehydration and loss of normal regulatory systems. Proceed directly to a medical aid station located throughout the course.

For Your Own Safety

- Complete the medical history on the back of your race number.
- Drink plenty of fluids.
- Know the symptoms of heat illness. Run responsibly and don't be afraid to ask for help.
- Help your fellow runners. If you see someone in distress, tell him or her what we have told you. If they refuse to stop, report their race number to one of the volunteers along the route.
- Let your friends and family know your race number so they can find you if you are in a medical tent.
- Listen to the weather forecast and plan accordingly. Both heat-related injuries and hyponatremia are life-threatening conditions.
- Skin in high friction areas (nipples, thighs, armpits, etc.) should be well lubricated with a non-water soluble lubricant (petroleum jelly).
- Make sure your shoes and clothes are appropriate for the event and environmental conditions.

Questions

The Medical Team is here to help! On race day, there will be sports medicine professionals at the finish line tent and in the parking lot on bicycles. Remember, on the course we will have medical staff at each and every tent to help you along the way.

About Our Medical Director

James G. Scelfo, MD, FAAFP was born and raised in New Iberia, LA as the youngest of eight children to Sam and Sidney Mae Scelfo. As the son of a football coach and a high school teacher, he was raised in a small town environment with a strong sense of family and community. Through Personalized Primary Care, he is bringing these ideals to the health care community of Celebration and Central Florida.

Dr. Scelfo graduated from Northeast Louisiana University and Louisiana State University Medical Center. He completed his medical residency in Orlando in family medicine with a special interest in sports medicine. Dr. Scelfo is an active member of the American Medical Association (AMA), American Academy of Family Practice (AAFP), Florida Academy of Family Practice (FAFP) and the American College of Sports Medicine (ACSM). He is currently the Medical Director of the Disney Endurance Sports, *run*Disney and Florida Citrus Sports. In addition he serves as the medical director for the cholesterol & Coumadin clinics at Florida Hospital Celebration Health. Dr. Scelfo remains on the cutting edge of medical technology to focus on prevention, diagnosis and management of disease. Dr. Scelfo and his wife Bae have a son Torr and twin girls Alon and Alafair and in his free time, Dr. Scelfo maintains an active lifestyle and enjoys jogging, cycling, reading and playing a poor game of golf.

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You love sports. You love the thrill of competition, the sense of personal accomplishment and the simple joy of exercising with your family and friends. Unfortunately, injuries can sometimes knock you out of the race.

Florida Hospital Celebration Health delivers elite sports medicine to you and your family when you need it the most. As the official medical provider of runDisney, we know what it takes to help you overcome your injuries and bounce back stronger than before. You won't find a finer orthopaedic team of specialists offering the most advanced surgical techniques and state-of-the-art rehab and therapy services anywhere in the state of Florida.

From first-time runners to first place finishers, we're here for you through every magical mile you run.

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To schedule a priority appointment, visit CelebrationHealth.com or call (407) 303-4204.

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Get Social

Now you can connect with other Fans and participate in *run*Disney events on Facebook, get the latest news and chat during events on Twitter, and watch training tips from Jeff Galloway, nutrition advice from the Diet Diva and more on YouTube!

Become a Fan at:
facebook.com/runDisney

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Follow Us at:
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Subscribe to our Channel:
youtube.com/runDisney

ChEAR Squad

ChEAR Zone Schedule & Reminders

Only ChEAR Squad members who purchased a Gold or Platinum ChEAR Squad package will have access to the ChEAR Zones. You must wear the wristband you picked up with your package at the Expo. You will not be admitted into the ChEAR Zone without the wristband. The ChEAR Zones will be open to Gold and Platinum level members only during Disney Princess Half Marathon on Sunday, February 23. Reserved Finish line seating will be provided for only those guest who purchased a 10K Platinum ChEAR Package on Saturday.

ChEAR Zone 1

Magic Kingdom® Park at Cinderella Castle (Mile 5.7 for the Half Marathon)

Sunday, February 23, 2014

5:30 a.m. – ChEAR Zone #1 opens
8:15 a.m. – Approximate time ChEAR Zone #1 closes
Note: ChEAR Zone #1 will not be open during the 10K on Saturday

ChEAR Zone #1 is a reserved viewing location only. It does not include seating, beverages, or private portable restrooms. You will NOT need a theme park ticket to access *Magic Kingdom*® Park. You will, however, need to show your wristband to access the ChEAR Zone. At approximately 8:15 a.m. this area will be closed.

Directions to ChEAR Zone #1 from *Epcot*®:
Note: The travel time to the *Magic Kingdom*® Park from *Epcot*® is approximately 42 minutes.

Walk from the start area to the monorail station at *Epcot*® and ride it to the Transportation and Ticket Center station. Exit the monorail and walk down the ramp and follow the overhead signs for the monorail to *Magic Kingdom*® Park. After arrival at the *Magic Kingdom*® Park/ Main Street U.S.A. exit the platform. Proceed through the Main entrance of *Magic Kingdom*® Park and once inside, proceed down Main Street U.S.A. toward Cinderella Castle.

ChEAR Zone #2

Epcot® Imagine Lot
(Finish Line for the 10K / Finish Line for the Half Marathon)

Saturday, February 22, 2014

5:30 a.m. – ChEAR Zone #2 opens
8:30 a.m. – ChEAR Zone #2 closes

Sunday, February 23, 2014

6:00 a.m. – ChEAR Zone #2 opens
10:30 a.m. – ChEAR Zone #2 closes

ChEAR Zone #2 is a reserved viewing location at the Finish Line.
10K ChEAR Zone #2 Amenities:
Reserved Finish Line Seating

Half Marathon ChEAR Zone #2 Amenities:
Reserved Finish line seating, beverages, private portable restrooms, and hand washing stations.

You will need to show your wristband to access the ChEAR Zone.

Directions from ChEAR Zone #1 to ChEAR Zone #2 at *Epcot*®:
Note: The estimated travel time from *Magic Kingdom*® Park to *Epcot*® is 42 minutes.
After your runner has passed by, make your way back to the Transportation and Ticket Center. Walk up the ramp for the monorail to *Epcot*® and ride the monorail to the monorail platform at *Epcot*®. Upon arriving at *Epcot*®, walk down the ramp and exit to your left towards the parking lots. Walk to the Imagine lot on your right.

For guests who purchased Platinum ChEAR Squad please review the information regarding Race Retreat access on page 27.

Spectator Viewpoints

Spectators are encouraged to share in the excitement. To increase the possibility of seeing your friends and family run, be aware of their pace, expected time at each mile marker and anticipated finish time. Please make sure to allow extra time for transportation to any viewing area. Expect delays on the roadways due to road closures.

Runner Tracking

Family and friends will be able to track Half Marathon participants with runner tracking available on **runDisney.com**. Participants will have the opportunity to send split times via email, text messaging and PDAs by registering for this service on the website. You can also sign up for runner tracking at Disney Fit for a Princess Expo.

Cinderella Royal Family 5K Only Spectator Viewpoints

Start	*Epcot*® Imagine Lot	6:14 a.m. - 6:45 a.m.	Accessible via *Epcot*® Imagine Parking Lot
Finish - Mile 3.1	*Epcot*® Imagine Lot	6:26 a.m. - 8:02 a.m.	Accessible via *Epcot*® Imagine Parking Lot

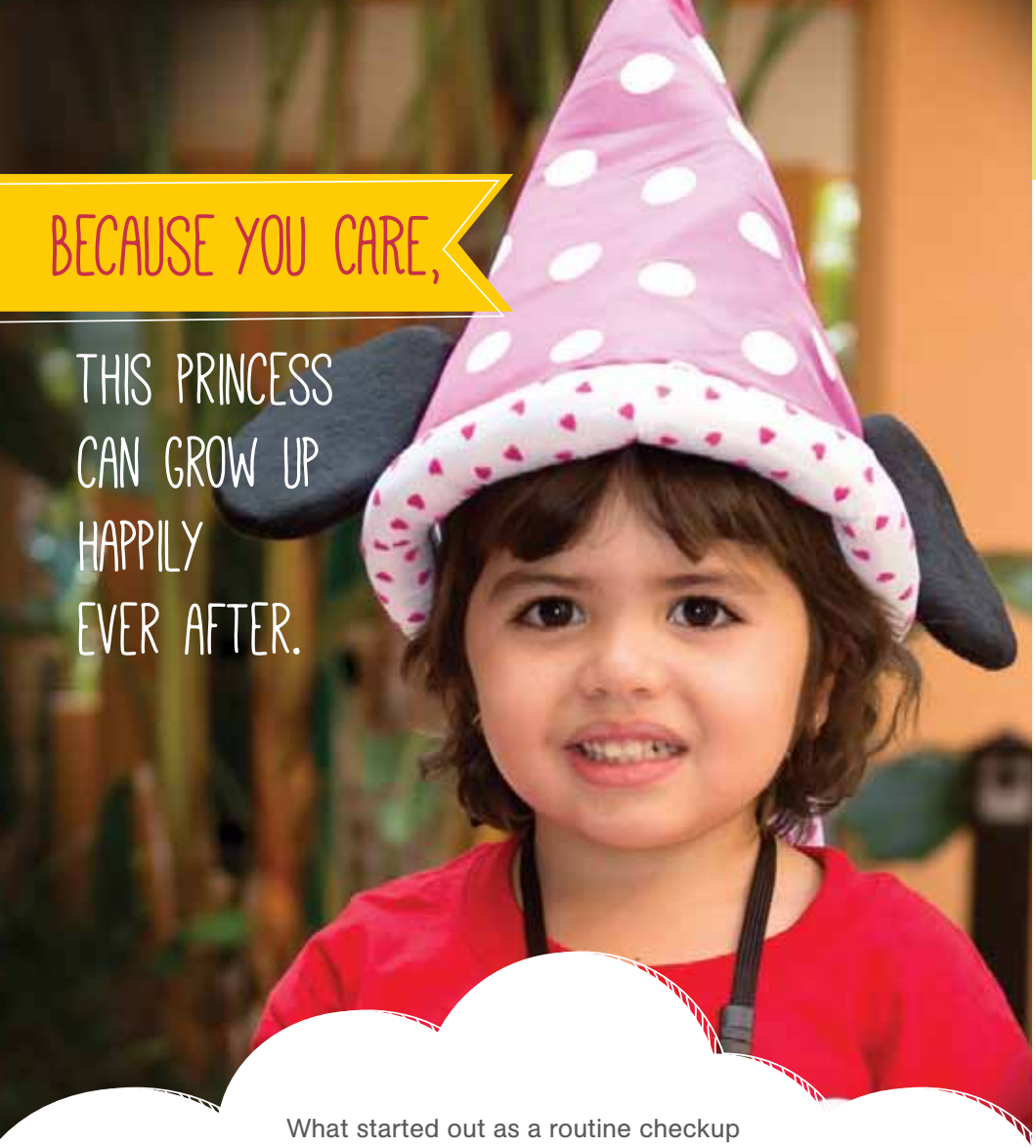
Disney Princess Enchanted 10K Only Spectator Viewpoints

Start	*Epcot*® Imagine Lot	5:28 a.m. - 6:15 a.m.	Accessible via *Epcot*® Imagine Parking Lot
Finish - Mile 6.2	*Epcot*® Imagine Lot	5:53 a.m. - 7:54 a.m.	Accessible via *Epcot*® Imagine Parking Lot

Disney Princess Half Marathon Spectator Viewpoints

Start	*Epcot*® Center Drive	5:30 a.m. - 6:35 a.m.	Accessible ONLY by foot from *Epcot*® Parking Lot
Mile 4	Ticket & Transportation Center	5:53 a.m. - 7:39 a.m.	Take monorail from *Epcot*® to Ticket & Transportation Center
Mile 4.9	*Disney's Contemporary* Resort	5:56 a.m. - 7:50 a.m.	Accessible to guests staying at *Disney's Contemporary* Resort
Mile 5.3	*Magic Kingdom*® Park - *Main Street, U.S.A.*®	6:05 a.m. - 8:05 a.m.	Take monorail from *Epcot*® to Ticket and Transportation Center, exit monorail and walk down ramp, follow overhead signs and take the monorail to *Magic Kingdom*®
Mile 7.2	*Disney's Grand Floridian* Resort	6:10 a.m. - 8:33 a.m.	Accessible to guests staying at *Disney's Grand Floridian* Resort
Mile 7.7	*Disney's Polynesian* Resort	6:15 a.m. - 8:40 a.m.	Accessible to guests staying at *Disney's Polynesian* Resort
Finish - Mile 13.1	*Epcot*® Imagine Lot	6:39 a.m. - 10:05 a.m.	Accessible ONLY by foot from *Epcot*® Parking Lot

Note: Please consider not bringing unnecessary bags with you on race day. All items will be inspected.



What started out as a routine checkup led to a referral to Maria's Children's Miracle Network Hospital. It was there that doctors discovered leukemia, and a two-year treatment plan with chemotherapy began immediately. Today, 5-year-old Maria has a good prognosis to match her passionate smile and the bright light inside her. Your support of Children's Miracle Network Hospitals gives hope to kids like Maria who are in need of a miracle. Visit **cmnhospitals.org** to help children in your community who need miracles, and need them now.

Children's Miracle Network Hospitals

Follow us on

Weekend Beneficiary & Sports Enthusiasts

Weekend Beneficiary

The Disney Princess Half Marathon Weekend benefits Children's Miracle Network Hospitals, a charity raising funds and awareness for 170 children's hospitals across the United States and Canada.

Each year, local member CMN Hospitals provide more than 32 million treatments for kids facing a range of illnesses and injuries. Donations stay local to fund treatment and healthcare services, pediatric medical equipment and to help offset billions in charitable care provided each year to families in need.

Since 1983, Children's Miracle Network Hospitals has raised funds, mostly $1 at a time, through the charity's Miracle Balloon icon. Its national retail programs support the nonprofit's mission to save and improve the lives of as many children as possible.

The Disney Princess Half Marathon Weekend is an ideal platform to create awareness and support for Children's Miracle Network Hospitals. Headquartered in Salt Lake City, Children's Miracle Network Hospitals has raised more than $5 billion since its first fundraising event in 1983.

Find out why children's hospitals need community support, and learn more about your member hospital, **www.CMNHospitals.org**.

Sports Enthusiasts

Over 1,900 volunteers will assist throughout Disney Princess Half Marathon Weekend on behalf of the Children's Miracle Network Hospitals.

- Approximately 400 volunteers will help with Packet Pick-Up during Disney Fit for a Princess Expo
- Over 140 volunteers will assist with the Cinderella Family 5K & *run*Disney Kids Race
- 300 medical volunteers will staff Florida Hospital's medical stations during the Half Marathon
- Over 1,100 volunteers will staff Start Line, Course Monitor, Food Stop, Water Stop, and Finish Line locations during the Half Marathon on Sunday

Information Team

Information Team Volunteers will be available to answer race-related questions for participants and guests. These volunteers can be identified by a colorful hat and an apron that says "Ask Me". Information Team Volunteers will staff the Information Booths at Disney Fit for a Princess Expo. They will also staff the Information Tent in the Family Reunion area at *Epcot*® during the Half Marathon.

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